



*Waste reduction and*  
**recycling**  
**guide**

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**Simple steps to a  
cleaner, greener  
Wychavon**

**LET'S  
WASTE  
LESS**

# Introduction

Welcome to the third edition of our waste and recycling guide.

Since the last version of the guide was produced two years ago, we have made some progress in our ambition to support you to reduce waste and recycle more.

In 2024/25 the amount of waste generated by each household in Wychavon had fallen from 457.8kg in 2018/19 to 445.2kg, so a drop of 12.6kg per household, which is a great achievement.

We also saw an increase in our recycling rate compared to previous years with 43.9% of our waste sent for recycling, composting or reuse. However, there is still work we need to do to improve not only the quantity of recycling collected, but the quality as well. There are still items ending up in the green bin that cannot be recycled and which often contaminate the materials around them such as food waste, garden waste and nappies.

In this guide you will find lots of helpful tips to continue to support you in your waste reduction journey. We hope you find it helpful.

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# New recycling

**You can now recycle more materials in your green bin.**

Wychavon residents have, like all the other parts of Worcestershire, been able to recycle a wide variety of materials for many years.

These include:

-  **Paper and cardboard**
-  **Glass bottles and jars**
-  **Plastic bottles, pots, tubs and trays**
-  **Cartons**
-  **Metal food and drink cans**
-  **Aerosols**

Recent Government changes called “**Simpler Recycling**” mean other materials have been added to recycling collections with the aim of ensuring all councils in England collect the same items.

## Residents can now recycle:



**Aluminium foil**

Foil from takeaways, wrapping foil or cake/pie cases can all now be put into the green bin. The foil needs to be **clean** and have no food residue on it.



**Plastic tubes**

Toothpaste tubes and cosmetic/hand cream tubes can now be recycled. **Please squeeze** them as much as possible to remove residue and put the lid back on.



**Aluminium tubes**

Tomato puree, cream cheese and other aluminium tubes are now recyclable. **Please squeeze** as much of the product out to remove residue and put the lid back on.



From 2027 you will be able to recycle plastic bags and film - such as frozen food wrappers - in your green bin. We will let you know nearer the time when and how this will happen. In the meantime, you can recycled these items at most major supermarkets.

## Food waste *collection update*

Wychavon has taken the decision to delay the provision of food waste collections until 2028. Other districts within Worcestershire will be introducing food waste collections over the next couple of years so you may see and hear about these from other people, but be assured that Wychavon residents will be receiving the service.



# Where does my recycling go

## and what is it made into?

There has been much disinformation in the press, TV and on social media about where recycling goes and where it ends up with many people believing there is no point recycling as it doesn't get turned into something new! Incidents you may have heard about on the news were as a result of environmental crime and at no stage has any of the waste collected by Worcestershire Councils ended up in one of these sites.

Wychavon's recycling, once sorted, is taken away by companies who reprocess it into new materials in the UK and there is no risk of it ending up in a overseas landfill site as the Environment Agency keeps tabs on all recycling that is legally sent for reprocessing.

### So where does it all go?



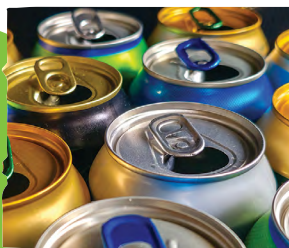
#### Paper and cardboard

Paper and cardboard are sent to paper mills in the UK and then recycled into new products. A cardboard box could be recycled into items like a cereal box or egg box. Paper is recycled into newspapers and paper that's been recycled several times already will often be used to manufacture tissue products.



#### Plastic bottles

Plastic bottles go to UK companies where they are turned into pellets for reuse in manufacturing bottles, drainage pipes and watering cans. Plastic pots and trays go to a company that sorts them by type and shreds them into flakes used in UK injection moulding companies, to make new products efficiently and sustainably across the UK.



#### Aluminium can

Aluminium cans go to be made into more aluminium cans as aluminium can be recycled over and over forever. Steel food cans are melted down and used to create steel plate which is used in the manufacture of everything from more cans to bridges. All of this is done within the UK.



#### Glass

Glass collected in our green bins is either used in the manufacture of more glass bottles and jars or sometimes used for road aggregate to make the tarmac stronger.

[For more in-depth information including videos of the recycling process please visit the Severn Waste website](#)



# Other materials you can't recycle in your green bin and where you need to dispose of them:

## Non-recyclable paper and cardboard

- ✗ **Wrapping paper:** Do the "scrunch test"; if it springs back when scrunched up it is plastic based and cannot be recycled.
- ✗ **Wallpaper:** Black bin or non-recyclable container at a Household Recycling Centre.
- ✗ **Greaseproof paper:** Black bin or non-recyclable container at a Household Recycling Centre.
- ✗ **Loose shredded paper:** Put loose shredded paper in a cardboard box, paper bag or envelope and flatten it. Alternatively put it in a compost bin as it adds vital bulk to the compost.
- ✗ **Dirty cardboard:** Dirty, wet or cardboard contaminated with food, such as a pizza box, will need to be put into your black bin.
- ✗ **Large pieces of cardboard:** The biggest size that our machinery can process is A2, so if you have a large cardboard box either take it to a Household Recycling Centre and put it in the cardboard recycling container or rip the box into smaller pieces and put in your green bin.

## Household metal packaging

- ✗ **Coffee pods:** Most coffee pod manufacturers now have their own recycling schemes.
- ✗ **Food pouches/crisp packets/sweet wrappers:** Take to recycling facilities in supermarkets
- ✗ **Saucepans:** Take to a Household Recycling Centre and put into a scrap metal container.
- ✗ **Knives/pins/needles:** These need to be placed either in your black bin or a scrap metal container at a Household Recycling Centre. Medical needles or "Sharps" need to go in a specialist container and returned to a GP or hospital.
- ✗ **Blister packs:** Some pharmacies take blister packs back for specialist recycling or put in black bin.
- ✗ **Gas canisters:** **Never** put these in either your black or green bin as they are pressurised and may explode. Return to the company that provided them or take to a Household Recycling Centre where it will be disposed of.
- ✗ **Paint tins:** Black bin or non-recyclable container at a Household Recycling Centre.

## Non-recyclable plastics

- ✗ **Soft plastics:** Bread bags, plastic lids from punnets, bubble wrap, polythene bags-take to recycling facilities at supermarkets.
- ✗ **Crisps/pet food pouches:** Take to recycling facilities at supermarket.
- ✗ **Black plastic:** Can't be recycled so needs to go in the black bin.
- ✗ **Hard plastic:** Include toys, drainpipes and garden furniture-place in the black bin or non-recyclable waste container at a Household Recycling Centre.
- ✗ **Make up (mascara/lip gloss/lip stick etc):** Some manufacturers and beauty stores now have make-up recycling schemes.
- ✗ **Coffee cups:** Specialist recycling facilities via some coffee chains.

## Non-recyclable glass

- ✗ **Drinking glasses and vases:** Wrap broken drinking glasses in newspaper and put them in your black bin.
- ✗ **Pyrex and glass cookware:** Broken Pyrex needs to be disposed of in the black bin.
- ✗ **Light bulbs:** These can be recycled at Household Recycling Centre.
- ✗ **Nail varnish bottles:** Put into your black bin.
- ✗ **Window glass/mirrors:** Take to a Household Recycling Centre and put in the non-recyclable waste container.

For more information on recycling and what to do with materials please visit [Let's Waste Less website](http://Let's Waste Less website).



# Contamination

## of recycling bins

Our recycling plant, EnviroSort, processes over 80,000 tonnes of recycling every year. Of this an average of 17% of the materials are rejected as they are not recyclable, which works out at 50 tonnes a day which is either sent to our Energy from Waste facility.

Many items are placed in the bin because people are “wishcycling” – believing that if they put it in the green bin it will be recycled, but this is not the case. Some of the materials are true “contamination” and this includes food waste, nappies, dog poo and baby wipes. These materials when put in the green bin leave residue on the recycling around them and can contaminate large amounts of recycling as result, which then causes the materials that can be recycled to be rejected – a real waste of people’s time and effort as well as a loss of valuable materials.

### Here are the main contaminants that are dealt with on a daily basis:

#### ✗ **Nappies and sanitary**

**products:** These cannot be recycled in the green bin as the contain hazardous materials that will spoil other materials in the bin. Despite packaging saying that they are “recyclable” it is only the outer packaging that can be recycled in supermarket plastic film recycling bins.

✗ **Baby wipes:** Like nappies and sanitary products, these often are hazardous due to the materials on them as well as the fact that they are made from fabrics that cannot be recycled.

✗ **Food waste:** A significant amount of the daily contamination is by food waste. Food waste contaminates all the recycling around it, so people’s carefully recycled items are then also rejected.

#### ✗ **Tissue paper/kitchen roll:**

These cannot be recycled due to a combination of them being contaminated with other materials plus the fibres are usually low-grade which have reached the end of their lifespan for recycling.

✗ **Polystyrene:** We see a lot of polystyrene in our recycling – probably because people have put the whole cardboard box into their bin rather than removing the polystyrene first.

✗ **Garden waste:** Like food waste, garden waste is often wet and can contaminate the recycling around it.

#### ✗ **Clothes, shoes, textiles:**

EnviroSort receives over 200 items of clothing a week, all of which could be donated to charity or put in a textile bank if it was kept clean and dry.

✗ **Wood:** Wood in any form cannot be recycled in your green bin. All of the Household Recycling Centres have wood containers.

✗ **Metals:** Like wood, a large amount ends up in the recycling each week and it cannot be recycled via the green bin. All Household Recycling Centres have scrap metal containers.

✗ **Plastic bags:** Any form of plastic bag cannot currently be recycled and must be taken a supermarket and put in their plastic film recycling facility. **Do not put your recycling in a plastic bag** and then put that bag in your green bin as it will be rejected at the first stage of the recycling process as the staff at EnviroSort cannot see what is inside the bag.



# Consultation



## on enhanced recycling services

Wychavon residents can currently recycle batteries and small electrical items at the kerbside. This service is well used, but we are exploring options to help residents recycle even more.

We are considering additional services and would like your feedback on whether you would use them.

### Have your say



Please fill in the form below to confirm whether you think the enhanced recycling services would be of use to you and your household.

| YES                      | NO                       | Additional service                                                                                                                                                                                                                                                                                            |
|--------------------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |  <b>Kerbside textile recycling</b> – we are looking to improve the existing service                                                                                                                                          |
| <input type="checkbox"/> | <input type="checkbox"/> |  <b>Community small electrical recycling</b> – this would be via a bin located in community centres and/or schools.                                                                                                        |
| <input type="checkbox"/> | <input type="checkbox"/> |  <b>Battery recycling via dedicated recycling bags</b> – these would continue to be put out on your black bin day, and residents would be provided with one as a starter and replacements will be provided free of charge. |

Please provide your postcode so that we can establish where the demand will be required: \_\_\_\_\_

If you wish to receive further updates/information on waste and recycling services, please include your email address below: \_\_\_\_\_

Any other waste and recycling services you would like Wychavon to consider? \_\_\_\_\_

**Please return the form to: Emma Stuart**, Waste and Recycling Improvement Officer, Wychavon District Council, Civic Centre, Queen Elizabeth Drive, Pershore WR10 1PT, Or scan and email to [recycling@wychavon.gov.uk](mailto:recycling@wychavon.gov.uk).

[Or fill in the online form on the Wychavon website](#)

or scan the QR code.

**Closing date for comments: 31 August 2026**

Your details will only be used for the purpose of advising about recycling services at Wychavon District Council and you can opt out at any time.



#### ✕ Batteries and electrical items:

Items containing lithium-ion batteries and any form of battery is incredible dangerous when put into any bin. Batteries can spark when compacted and cause fires in bin lorries or recycling plans. This is now a nationwide epidemic with over 1200 fires involving batteries or electrical items in 2023. Wychavon residents can put out batteries and small electrical items for collection on the same day as their black rubbish bin. Put batteries in a clear bag on the top of your bin. Alternatively, batteries and electrical items can be recycled at your nearest Household Recycling Centre or at many retailers.

[For more information, visit the Let's Waste Less website](#) or the [Recycle Your Electricals website](#).

[For more information about recycling and how to dispose of different materials, visit the Let's Waste Less website.](#)

# Waste and recycling at your fingertips

## Wychavon Bin Hub **Sign up today!**

Never miss a bin collection day again! The Wychavon Bin Hub is a handy tool that you can download or use through the Wychavon website to find out which bin to put out, as well as search for items to find out where you can recycle them.

Once you have signed up you can download a printable version to stick on your fridge or even sync it to your calendar in your phone.

You can sign up for reminders either via email, through the app or even a phone call to remind you which bin to put out on your next collection day as well as service alerts such as weather events, roadworks or unforeseen circumstances that might disrupt bin collections.

If you're unsure about whether a particular item can be recycled, there is a recycling search to find out where to dispose of those old flowerpots,

coat hangers or shredded paper. A database of thousands of materials will tell you.

For the children (and the big children) there is a sorting game where you put the items into the right bin or waste disposal facility – the more you get right, the more you can build your own virtual park! It's a great way to educate children on what can and cannot be recycled in Wychavon.



Sign up for the service via [the Wychavon website](#) or download the app via Google Play or the Apple App store.



## WychRewards

WychRewards is a platform and app where you record sustainable actions like walking, cycling, recycling and shopping sustainably and earn Green Points. And points mean prizes. So the more actions you take, the chance you have to win, with the top six Green Points earners each month winning £50 voucher.

Since its launch we have had more than 800 people sign up to use it and their impact has been impressive with:

-  **39,303 actions taken**
-  **76,600 kWhs of energy saved**
-  **72,900kg of CO<sub>2</sub>e avoided**
-  **191,000 baths of water saved**
-  **£37,000 saved from energy reduction**
-  **7,700 homes powered from energy avoided**



### **Sign up now**

and you'll be rewarded with 1250 Green Points to start you off.

[Download the WychRewards app or sign up online on the WychRewards website.](#)

# Textiles



## Reuse Recycle Revive

**Clothing and other textiles make up a large percentage of the non-recyclable materials that end up in the recycling bins with Severn Waste Services reporting over 200 items of clothing appearing in green bins a week. This is not only a waste of a valuable resource for recycling, but clothing can cause issues on the sorting lines at EnviroSort.**

Clothing is one of the most environmentally damaging items to produce due to the sheer volume of resources that go into their manufacture including water, raw materials, electricity and the transportation of the clothing. According to data from the United Nations Environment Programme (UNEP) the fashion industry contributes to 10% of global emissions annually, more than international flights and maritime shipping combined. "Fast fashion", the rapid and large-scale production of clothing, usually using man-made fabrics, is creating a massive problem in the textile recycling markets as more of these items are discarded and end up in either the waste stream or textile banks.

While the market for second hand clothing being sold online via sites like Vinted, Depop and eBay is booming, this is having a knock-on effect on donations being made to charity shops. Coupled with the resale market overseas falling apart due to conflict and increased tariffs on imports, which was the traditional outlet for textile merchants, the second-hand clothing market is incredibly precarious now.

However, taking items to a charity shop is the first port of call for a lot of people and these charities are heavily reliant on the donations as demand is soaring for second hand clothing as people look for more sustainable and financially better alternatives to buying new.

Wychavon District Council offers an enhanced service which has traditionally accepted batteries, WEEE and textiles, but the collection of textiles has been difficult to maintain. The council is now exploring options for making the service viable for both residents and the textile companies including partnering with a charity for collections from households so watch this space!

**In the meantime, if you want to get rid of clothing you can reuse, recycle or revive.**

### Reuse:

- ✓ Donate to a charity shop so that it can have a second life and help raise vital funds.
- ✓ Sell online via sites such as Vinted, Depop and eBay or Facebook Marketplace.
- ✓ Organise a clothes swap at school or with friends.

[Find out how to organise a clothes swap on the Let's Waste Less website.](#)

### Recycle:

- ✓ Put clean and dry clothing and textiles in a bank at the Household Recycling Centres. [For a list of Household Recycling Centres visit the Let's Waste Less website.](#) Please do not put duvets or dirty clothing in the banks.
- ✓ Use a charity bag that comes through your door, but check it is for a legitimate charity! Visit the [Charities Commission website](#) to check if the charity actually exists.

### Revive:

- ✓ Learn how to make basic repairs or look for local sewing courses to do it.
- ✓ Get creative and upcycle old jeans into a bag or decorate an old t-shirt to give them a new lease of life. There's lots of tutorials and videos online.

*Ted says...*  
**Please don't put any  
nappies in your recycling.**



*Ted says...*

Have you seen our campaign around nappies ending up in the recycling bins featuring Ted, the adorable teddy bear?



Nappies in the green recycling bins is one of the biggest contaminants with a staggering 4% of the contamination that we see made up of nappies, wipes and SanPro products.

Not only are the materials not recyclable, but the contents are also classed as hazardous waste due to the nature of them and these in turn contaminate the things around them making them unrecyclable and losing valuable materials that could be turned into something else.

Research by Keep Britain Tidy found that people put nappies in their recycling bins for many reasons:

- ✗ **Nappy confusion is not only driven by packaging labels but also assumptions that nappies are made from recyclable materials such as paper or plastic.**
- ✗ **There is a big driver to do the right thing for the environment by not putting nappies in the "landfill bin".**
- ✗ **Lack of space meant that residents would put dirty nappies in any bins where there is space.**

To encourage parents not to put nappies in the green bin, we are considering introducing a separate nappy collection service. This would consist of a coloured plastic sack which would be put out alongside the black wheelie bin and collected by the crew at the same time.

The sack would be clear so that the crews could see that it was only being used for nappies and if it was being used for normal rubbish, they would be instructed not to take it.

Residents would be issued with a roll of 54 sacks to which would last for 12 months (2 per collection), and replacement sacks would be available from local community drop off points.

*Would you use this service?*

Please send your name, address, phone number and email address to [recycling@wychavon.gov.uk](mailto:recycling@wychavon.gov.uk) to register for the service. You will be advised once the service is up and running and will be provided with a roll of sacks.



# Home composting

Composting at home is a cheap, natural process which transforms your kitchen and garden waste into a valuable and nutrient rich food for your garden. It saves you money on compost for your garden and there are a wide variety of bins available to suit all pockets and gardens. Whichever method you choose to compost you will end up with free compost that you can use in your garden!

Wychavon works alongside Get Composting to provide compost bins to residents at a reduced rate to encourage them to compost at home and reduce the amount of biodegradable waste that goes into the black bin.

To get the best compost it is advisable to have a good mixture (50/50) of “greens” and “browns”:



**Greens**  
(high in nitrogen)

- ✓ Grass cuttings
- ✓ Tea bags
- ✓ Vegetable peelings
- ✓ Salad leaves
- ✓ Fruit cores/peel
- ✓ Old flowers
- ✓ Coffee grounds/filter papers
- ✓ Old bedding plants
- ✓ Horse manure



**Browns**  
(high in carbon)

- ✓ Crushed eggshells
- ✓ Egg boxes
- ✓ Corrugated cardboard
- ✓ Garden prunings
- ✓ Straw and hay
- ✓ Shredded paper
- ✓ Twigs and hedge clippings
- ✓ Sawdust
- ✓ Wool
- ✓ Feathers
- ✓ Wood ash

 **AMAZING  
OFFER ON  
BINS!**



From just  
**£5\***

Wychavon residents can purchase either a standard compost bin from just £5 or a Green Johanna for an amazing £40, which is a saving over £80, **making this offer one of the best in the UK.**

A standard “dalek” bin is ideal if you wish to compost your organic food and garden waste, but if you want to compost down ALL of your food waste, the Green Johanna will do that for you – an excellent alternative to putting it in your rubbish bin and could reduce the amount of waste in your black bin by a third!

[To buy your compost bin visit the Get Composting website](#) and put in your postcode and the offers will appear.

Offer is limited to two standard bins per household and one Green Johanna.



# Fly-tipping

Fly-tipping is the illegal dumping of waste, ranging from single bags to large-scale commercial loads, and is a serious criminal offence, with about 1,300 incidents reported in Wychavon in 2024/25. It can lead to unlimited fines or imprisonment, with roughly two-thirds of waste being household-related. It blights neighbourhoods and causes massive problems for local communities and households as well as stretches under resourced teams at local councils.

But fly-tipping isn't just the large scale dumps you see on the news – it's leaving a mattress on the side of the road, dumping garden waste down a country lane or even just putting a few bin bags of rubbish by a litter bin!

Not knowing how to dispose of household waste above and beyond what you can put into your black bin is often an excuse used by people who dump rubbish. A lot of fly-tipping is carried out by a "man with a van" who offers to collect waste for a sum of money and then fly-tips it to avoid paying legitimate disposal costs. If you have used such a service and your waste is found fly-tipped you could face unlimited fines or even a prison sentence imposed by the courts.

## There are a number of ways that residents can dispose of waste:

- Wychavon offers a bulky waste collection for residents which can be used to remove white good (fridge/freezers etc), furniture or large quantities of household or garden waste. There is a charge for this service and the items collected are sent to the Energy from Waste plant or landfilled rather than recycled. Two items costs £25. [To book a bulky waste collection visit the Wychavon website;](#)
- Alternatively, the Household Recycling Centres take most materials for recycling.
- Good quality furniture, TV's or white goods can be offered for sale or reuse online through either Facebook Marketplace or the growing number of reuse pages.

- Good quality furniture (with a fire-retardant label) can be taken by charities for resale – some including British Heart Foundation, Salvation Army, Roundabout and St Richard's Hospice offer a collection service from your home. [For a list of charity shops in Worcestershire visit the Let's Waste Less website.](#)

If you decide to book a collection from your home, please make sure that the person who is doing the collection has a Waste Carrier's Licence. Finding someone who advertises via Facebook or who just knocks on your door could potentially lead to your waste being dumped down a country lane. Follow the **SCRAP Code** to prevent being prosecuted for fly-tipping committed by someone you hired:

**S**  
**C**  
**R**  
**A**  
**P**

**Suspect all waste carriers.**

**Check they are registered on the [Environment Agency website](#).**

**Refuse unexpected offers.**

**Ask for proof of registration and a waste transfer note.**

**Paperwork should be obtained for the disposal.**

If fly-tipping is blighting your community, how about organising a community clean up? Speak to Wychavon about any support that can be offered.

Let's **S.C.R.A.P.** fly tipping

## Who's responsible for keeping Wychavon clean?

**We are all responsible for our waste. That's the law, and it's clear on how our waste should be managed.**

Wychavon must set out HOW household waste is collected; the types of bins to be used, what materials can go in each and where and when they should be placed for collections. Households must then FOLLOW that. It's as simple as that. In our district it means:

- ✓ **Bins** must contain the correct materials or they will not be emptied and it will be your responsibility to remove any contamination and present your bin for the next scheduled collection. This is because the wrong items in the bin cause issues at the Material Reclamation Facility and contaminate the materials around them.
- ✓ **Green recycling bins** can only contain the materials listed on the back page.
- ✓ **Black refuse bins** can contain your non-recyclable waste, but cannot contain garden waste, batteries, electrical items, car parts, hazardous chemicals or DIY rubble. You will need to dispose of these at a Household Recycling Centre, through a properly licensed waste service such as our bulky waste collection or garden waste collection. Electrical items and batteries can be placed out for collection on your black bin day as part of our enhanced recycling service.

### *Guidance only*

For the full statutory notice Wychavon District Council Environment Protection Act 1990 Section 46 (1) – waste collection.

[To see the full Wychavon guidance visit the Wychavon website.](#)

**Bins must be put outside your property, on the curtilage or designated collection point, fully closed with no excess waste around them by 7am on your collection day and taken back in within 24 hours of collection.**



## Bulky waste collections

*A reliable service you can trust*

To arrange your collection, go online at

[Sign up to Bulky waste collections on the Wychavon website](#)

\* Price dependent on size



**£25**  
every two items\*



## Garden Waste Collection Service

**Let us do the hard work for you**



[Sign up to garden waste collection service on the Wychavon website](#)

# #FoodSavvy

**Did you know that the average family of four now throws away up to £1,000 worth of perfectly edible food every year?**

(source: WRAP)

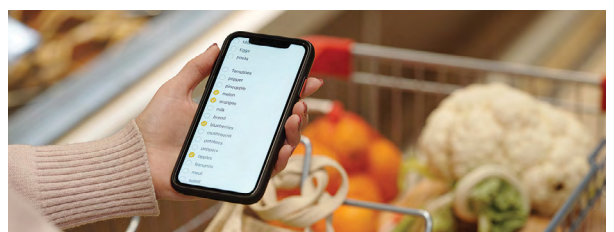


**With the cost of food rocketing, this figure has increased in the last 2 years and families looking for ways to save money can do this just by cutting the amount of food they throw away.**

With food waste collections now at least two years away in Wychavon, just by planning your meals and shopping, storing food correctly once you have bought it and then using up all the food you have bought, the amount of food you throw in the bin could reduce significantly.

## #Savvy planning:

- ✓ **Use a simple meal planner** to plan your meals.
- ✓ **Don't plan all 7 days in a week** – plan for 5 days without specific days for each meal, so changes can be accommodated.
- ✓ **Remember**, it's not only dinner or tea – plan your lunches at the same time.
- ✓ **Check what you already have at home** and plan what needs eating up first.
- ✓ **Label foods** that need using first so it's easy to spot what you've got.
- ✓ **Making a shopping list** is easy there are apps you can use, or just have a piece of paper or the back of a birthday card to keep a track of what foods you need when you use them or run out.
- ✓ **Buy foods that can be used for several dishes.**
- ✓ **Don't fall foul of the special offers;** ask yourself, "can I use it or freeze it?" before buying.
- ✓ **Shopping online** makes it easier for you to buy only what you want and not get distracted by other foods or special offers in store.
- ✓ When shopping look for the food with the longest **"Use By" dates.**
- ✓ **Where possible, buy loose fruit and veg.** If all apples, bananas and potatoes were sold loose instead of in bags, 60,000 tonnes of food waste could be saved every year!
- ✓ **Don't overcook** – use a measure to get the right amount of food. Ensuring you have the right portion sizes helps – there is a really good meal planner available on the [Love Food Hate Waste website](#) which you can use if you are cooking for a lot of people.





## #Savvy storage:

One of the most important things to do once you have bought your food is to store it as best you can to extend its life.

- ✓ **Having a good selection of tubs and bag clips** will also help keep food fresher for longer.
- ✓ **Takeaway containers** make ideal storage tubs for batch cooking as they tend to hold one portion of food.
- ✓ **Bag clips** keep crisps, bread, cereal and frozen food fresh, but you can use pegs if you don't have any bag clips!
- ✓ **Make sure your fridge is set at the correct temperature.** Most fridges are set too high and that will contribute to food going off. Your fridge should be between 0 and 5°C.
- ✓ **Make your freezer your friend** – it stops food from going off as well as a home for all your batch cooked meals. Frozen veg is a great alternative to fresh particularly if you live alone and can't get through packs of veg bought from the supermarket.
- ✓ **Having a good selection of store cupboard heroes** that you can use to cook meals quickly and easily will make life so much easier. These include:
  - **Lentils** – carry flavour and bulk out meals such as bolognaise.
  - **Frozen vegetables** – you only use what you need and are ideal to add to soups and stews.
  - **Dried spices and herbs** – having a good selection of spices instantly adds flavour to a dish.
  - **Sauces** – Soy, Worcestershire or Siracha will add loads of flavour to dishes.
  - **Tinned beans** – like lentils they add flavour and bulk to dishes.
  - **Rice/pasta/noodles** – make a quick snack with leftover meat and vegetables.



## Know your dates:

According to WRAP approximately £5.7 billion worth of food is wasted each year as it is “not used in time”. Confusion around what date labels mean, and storage guidance is a main contributing factor with the biggest source of confusion is the difference between “Use By” and “Best Before”.



“**Use By**” is around safety and needs to be adhered to particular around fish, meat and dairy. It is not advisable to eat food after this date, although you can freeze it up to the Use By date.



“**Best Before**” is around quality and food can be eaten after this date, but it won't possibly taste as good.

## Eat what you buy:

Eating all the food that you buy is the best way to get the most out of your food and save you money as 1 in 3 bags of shopping end up in the bin and when you throw away food you are throwing away money!



**Use your leftovers in another meal** – meat from a Sunday roast can be used in a pie, stir fry, stew or soup.



**Cooked too much rice?** Don't panic – you can use it if it was cooled down quickly. Use it in a stir fry; add some eggs, meat and vegetables and you have egg fried rice!



**Try a fridge or freezer forage stir-fry** – add noodles, meat and vegetables.



**Batch cook** – set aside some time to batch cook for the week so that you have meals that can be put in the fridge or freezer and used for several meals.



**Consider foods you wouldn't normally think can be eaten** – seeds, cores and peel can all be used in chutney and pickled as well as the leaves from beetroot, carrots and cauliflowers.

[For more information on being #FoodSavvy including recipes to use up all the food you buy visit the Food Savvy pages on the Wychavon website.](#)



# Recycling

## quick guide



### You can recycle:



- ✓ **Aerosols**  
e.g. Deodorant cans
- ✓ **Aluminium foil**  
please scrunch into a ball
- ✓ **Aluminium tubes**  
e.g. tomato/garlic puree
- ✓ **Cardboard**  
Flatten boxes, no glitter
- ✓ **Cartons**  
e.g. Tetra Pak
- ✓ **Drinks cans**  
e.g. Fizzy drinks cans
- ✓ **Food tins**  
e.g. Baked beans
- ✓ **Glass bottles**  
All colours
- ✓ **Glass jars**  
All colours
- ✓ **Paper**  
No glittery or foil wrap
- ✓ **Plastic bottles**  
e.g. Shampoo bottles
- ✓ **Plastic pots**  
e.g. Yoghurt pots
- ✓ **Plastic trays**  
e.g. Meat trays and fruit punnets
- ✓ **Plastic tubes**  
e.g. hand cream, toothpaste
- ✓ **Plastic tubs**  
e.g. Quality Street tub

All items must be rinsed clean and be loose in your green bin so it can be sorted

If it isn't on the list above we can't accept it in the green bin

### You cannot recycle:

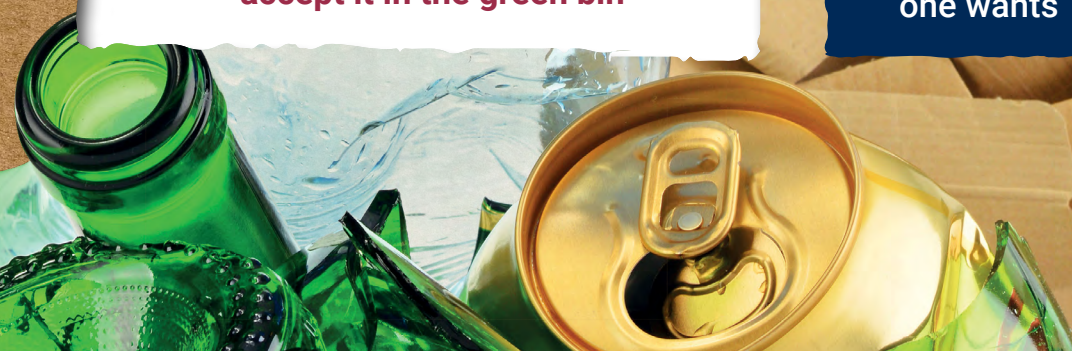


- ✗ **Animal litter and bedding**
- ✗ **Black plastic**
- ✗ **Crisp packets**
- ✗ **Food waste**
- ✗ **Hard plastics**
- ✗ **Metal**  
e.g. saucepans
- ✗ **Nappies**
- ✗ **Plastic bags**
- ✗ **Plastic wrappers**
- ✗ **Polystyrene**
- ✗ **Sanitary items**
- ✗ **Tissues, kitchen and toilet roll**
- ✗ **Wet wipes**
- ✗ **Wood**

Put all these things in your black bin

### Having the wrong things in your green bin is a problem:

- Machinery gets damaged
- Good recycling items become ruined
- Sorting time and costs increase
- Poor quality end products that no one wants



LET'S  
WASTE  
LESS